

# Stone Crest Assisted Living

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## The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

## Celebrating September Our Leadership Team

### Administrator

Andrea Conquest

### Resident Care Manager

Becky Jiggins

### Life Enrichment Director

Dee Malmstrom

### Maintenance Director

Troy Haven

### Dietary Director

Jim McCarty

## Trivia Tidbits for September

1. As of 2018, which of the following states has never had a Miss USA winner  
a. Michigan b. Alaska c. Oklahoma
2. These comic book superheroes were trained in "Professor Xavier's School For Gifted Students"  
a. The Fantastic Four b. The Avengers c. The X-Men
3. What artist holds the record for the most Grammy nominations in one night without winning at nine?  
a. Rihanna b. Paul McCartney c. Stevie Wonder
4. Toted as a great stress reliever, what toy became popular in April of 2017  
a. Stress Ball b. Squishy Sponge c. Fidget Spinner
5. Released in October of 1983, what was the name of Cyndi Lauper's solo debut album?  
a. She's So Unusual b. True Colors c. At Last
6. Which celebrity appeared in the 2007 Guinness World Records book as the world's "Most Overrated Celebrity"?  
a. Paris Hilton b. Lindsay Lohan c. Britney Spears
7. In Jamestown, New York, they throw an annual grape-stomping contest, in honor of what 1950s TV star?  
a. Lucille Ball b. Milton Berle c. Sid Caesar
8. Which country star recorded a version of Led Zeppelin's song Stairway To Heaven?  
a. Loretta Lynn b. Linda Ronstadt c. Dolly Parton
9. Featuring the songs "I'm Eighteen" and "Is It My Body", who released the studio album "Love It To Death" in 1971?  
a. Emerson, Lake and Palmer b. The Who c. Alice Cooper
10. What NFL team won Super Bowl 52 by a score of 41 to 33 on February 4, 2018?  
a. Green Bay Packers b. Philadelphia Eagles c. New England Patriots
11. Finish the title of this popular Everly Brothers 1958 hit song, "All I Have To Do Is....."  
a. Love b. Talk c. Dream
12. The Nile is the world's longest river. What is the second longest river in the world?  
a. Amazon River b. Mississippi River c. Yangtze River



Trivia Answers on page 4

## June is National Happy Cat Month



## Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.



## Unofficial end of summer

Labor Day is called the "unofficial end of summer" because it marks the end of the cultural summer season. Many take their two-week vacations during the two weeks ending Labor Day weekend. Many fall activities, such as school and sports, begin about this time.

In the United States, many school districts resume classes around the Labor Day holiday weekend (see First day of school). Some begin the week before, making Labor Day weekend the first three-day weekend of the school calendar, while others return the Tuesday following Labor Day. Many districts across the Midwest are opting to begin school after Labor Day.<sup>[16]</sup>

In the U.S. state of Virginia, the amusement park industry has successfully lobbied for legislation requiring most school districts in the state to have their first day of school after Labor Day, in order to give families another weekend to visit amusement parks in the state. The relevant statute has been nicknamed the "Kings Dominion law" after one such park.<sup>[17]</sup> This law was repealed in 2019.<sup>[18]</sup>

In the U.S. state of Minnesota, the State Fair ends on Labor Day. Under state law, public schools normally do not begin until after the holiday. One reason given for this timing was to allow time for school children to show 4-H projects at the Fair.<sup>[19]</sup>

In U.S. sports, Labor Day weekend marks the beginning of many fall sports. National Collegiate Athletic Association (NCAA) teams usually play their first games that weekend, and the National Football League (NFL) traditionally play their kickoff game the Thursday following Labor Day. The Southern 500 NASCAR auto race has been held on Labor Day weekend at Darlington Raceway in Darlington, South Carolina from 1950 to 2003 and since 2015. At Indianapolis Raceway Park, the National Hot Rod Association hold their finals of the NHRA U.S. Nationals drag race that weekend. Labor Day is the middle point between weeks one and two of the U.S. Open Tennis Championships held in Flushing Meadows, New York.

In fashion, Labor Day is (or was) considered the last day when it is acceptable to wear white or seersucker.

There are numerous events and activities organized in major cities. For example, New York offers the Labor Day Carnival, and fireworks over Coney Island.<sup>[23]</sup> In Washington, one popular event is the Labor Day Concert at the U.S. Capitol featuring the National Symphony Orchestra with free attendance

## September Birthdays

Walter Suchodolski Sept. 1

Barbara Sursley Sept. 4

Tracy Carter Sept. 16

September Birthstone: Sapphire

September Flower: Aster

Zodiac signs: Virgo and Libra



Trivia Answers: 1. B 2.C 3.B 4.C 5.B 6.A  
7.A 8.C 9.C 10.B 11.C 12.A

